



Vol. 59 No. 23

Friday, June 14, 2002

What's Inside:

Off to the Races



"To seek out new designs, new innovations; to boldly go where no GTMO-ite has gone before." A number of "enterprising" residents of all ages did just that last Saturday at the Cardboard Boat Regatta!

See page 8.

Pursue Education Goals with Navy E-Learning



Navy E-Learning provides on demand access to Web-delivered courses, libraries of schoolhouse courses, and links to education and training information.

See page 7.

GTMO Grads of 2002



W.T. Sampson Class of 2002 Valedictorian, Jennifer Bodenhemier, delivers her valedictory address to the graduating seniors and the assembled family and friends during the commencement ceremonies held last Friday at the W.T. Sampson Gymnasium. The Class of 10 students enjoyed enthusiastic support from the community as nearly every seat in the gym was filled for the event. See page 7.

GUANTANAMO BAY

U.S. Naval Institute Essay Contests

The Naval Institute, a membership organization for Navy, Marine Corps, and Coast Guard professionals and others interested in the sea services, publishes *Proceedings* and *Naval History* magazines and sponsors various essay and photo contest throughout the year.

Enlisted Essay Contest

First Prize - \$1,500

First Honorable Mention - \$1,000

Second Honorable Mention - \$500

Maximum Length: 2,500 words

Topic: Any subject relevant to military service

Open to: Active, reserve, and retired enlisted personnel of all service branches and countries

Published: February *Proceedings*

Deadline: Sept. 1, 2002

Direct entries to: [Contest Name], U.S. Naval Institute, 291 Wood Road, Annapolis, MD 21402-5034. Essays must be postmarked on or before the deadlines indicated. All submissions must be original analytical and/or interpretive works not previously submitted or published elsewhere. An exact word count (excluding text within graphic elements or footnotes) must appear on the title page. Submit two typewritten, double-spaced copies on paper approximately 8-1/2" x 11". If prepared on a computer, also submit an IBM-compatible disk and specify the software used. Authors are encouraged to submit photographic and/or graphic elements to support their essays. Minimum acceptable size of photographs is 5" x 7"; transparencies must be in 35mm format (no glass transparencies). Digital images must be no less than 300 DPI and be accompanied by a photo quality print.

All essays are judged in the blind by the Naval Institute's Editorial Board. In place of your name, place a title and motto on the essay's title page. The motto also should appear by itself on the outside of an accompanying sealed envelope containing the title and motto of the essay and the name, address, telephone number, Social Security number, email address, and short biography of the essayist.

Top prize winners are published in our monthly professional magazine, *Proceedings*. We encourage writers to check [Proceedings](#) to get a sense of appropriate essays for our readership. The Naval Institute offers contest awards, not scholarships.

Arleigh Burke Essay Contest

First prize - \$3,000, a Naval Institute gold medal, and life membership in the Naval Institute

First Honorable Mention prize - \$2,000 and a silver medal

Second Honorable Mention prize - \$1,000 and a bronze medal

Maximum Length: 3,500 words

Topic: Any subject relating to the mission of the Naval

Institute: **"The advancement of professional, literary, and scientific knowledge in the naval and maritime services, and the advancement of the knowledge of sea power."**

Open to: All

Published: May *Proceedings*

Deadline: Dec. 1, 2002

U.S. Naval Base Guantanamo Bay, Cuba GAZETTE

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Energy Conservation

Wash and dry full loads when using the washing machine and clothes dryer

Be a CrimeStopper

Anyone with information relating to the break-in and vandalism at the Boy Scout Hut located near Villimar Housing, please call 4204. All information remains strictly confidential.

Water Conservation

**June 3 - 9
Total Used
6,591,183.0
Daily Avg
941,597.6
Daily Goal
700,000
We we spent \$32,132.48
OVER our goal last week.**

JUNE 2002 TIDAL DATA

15	0643	0.34	1127	0.74	1725	-0.13	--	--
16	0051	1.56	0731	0.27	1245	0.80	1831	0.00
17	0139	1.46	0819	0.17	1409	0.91	1943	0.15
18	0227	1.34	0901	0.05	1527	1.06	2107	0.27
19	0321	1.21	0949	-0.08	1639	1.25	2231	0.35
20	0415	1.09	1037	-0.19	1745	1.45	2355	0.38
21	0503	0.98	1125	-0.29	1845	1.61	0107	0.38
22	0557	0.89	1213	-0.35	1939	1.72	--	--
23	0207	0.37	0645	0.83	1301	-0.38	2033	1.78

GAZETTE

Seaman to Admiral Program Taking Applications for Fiscal Year 2003

By Dean Persons

Chief of Naval Education and Training Public Affairs

The Seaman to Admiral 21 (STA-21) commissioning program is soliciting applications for fiscal year 2003. Deadline for applications is July 1, 2002. The initial selection board will meet during September 2002 and the names of selectees will be announced by Navy administrative message (NAVADMIN) in October 2002.

The STA-21 program is the Navy's newest enlisted commissioning program that allows qualified Sailors to receive a college education and become commissioned officers in the following communities; Nuclear (NUC), Aviation (Pilot), Aviation (Naval Flight Officer), Surface Warfare (SWO), Special Operations (SPECOPS), Special Warfare (SPECWAR), Nurse Corps (NC), Supply Corps (SC), Special Duty Officer (Intelligence), and Civil Engineer Corps (CEC).

STA-21 combines the Seaman To Admiral, Enlisted Commissioning Program (ECP), Aviation Enlisted Commissioning Program (AECIP), Nuclear Enlisted Commissioning Program (NECP), Civil Engineer Corps Enlisted Commissioning Program (CECECP), Fleet Accession to Naval Reserve Officer Training Corps (NROTC) (includes Nurse Option), and Broadened Opportunity for Officer Selection and Training (BOOST) program applications, making it easier for Sailors to apply for various programs.

STA-21 selectees will spend eight weeks in Newport as a student at the Naval Science Institute (NSI), co-located at the Naval Education and Training Center, Newport, R.I., and some will spend three to six months of academic preparation as a BOOST student prior to NSI training.

The STA-21 program makes college extremely cost effective for Sailors. The program allots up to \$10,000 per year to the Sailors, to be used for tuition, books and fees incurred by a student attending college full time for the entire year. This sum will cover the

see Seaman to Admiral, page 11



BRIEFS

OCSC Presents Scholarships

The Officer & Civilian Spouses' Club (OCSC) recently presented scholarships to this year's graduates of W.T. Sampson High School. The recipients are Dorian Banyas, Jennifer Bodenhemier, Danielle Baggett, Brittany Butler, Christian Basel, Marie Brewer and Brandi Johnson. The club wishes all these graduates the best of luck as they continue to pursue their educational goals.

The OCSC is a non-profit, private organization open to spouses of all officers and civilians GS-7 and above. The club supports local military and civilian charities and organizations.

Our primary source of income is Treasures and Trivia. Profits are redistributed to the community via our Community Support Committee. Major contribution requests are accepted in April. Emergency requests are accepted and funds distributed on a case by case basis throughout the year.

Casino Night is another major fundraiser and proceeds from this event are directed entirely to scholarships. In June of 2000, \$1,500 went to W.T. Sampson High School seniors as scholarships. A total of \$2,700 was awarded in June 2001. In October 2001, we presented three scholarships for \$125 each to dependents of local military members. This year, we awarded \$4,700 in scholarships to high school graduates and three \$125 scholarships for military spouses.

OCSC also sponsors various events including the Spouses' Seminar, Flag Day Ceremony, and the annual Christmas program in conjunction with the Navy Exchange and MWR.

OCSC would like to thank the entire GTMO community for our effort so far support Guantanamo Bay. Over the past three years, because of you, we have been able to redistribute over \$42,000 within the GTMO community.

Mail Call

**INCOMING MAIL TO GTMO
FOR THE WEEK OF Jun 1-7:**

RECIPIENT	LBS
NAVAL BASE	12,984
JTF UNITS	1,921

New Postage Rates

Effective 30 June 2002

Letters	\$0.37	An increase will also take place for special services such as insurance, certified mail, registered mail and return receipts. Effective 1 July, if your letters do not contain the correct amount of postage, they will be returned to you to correct, causing a delay in delivery. For more information contact the Post Office at 2156 or 2369.
Additional ounce	\$0.23	
Post cards	\$0.23	
Priority Mail		
Up to 1 LB	\$3.85	
Money orders can now be purchased for up to \$1,000 and the fee will remain at \$0.25		

This Week in Naval History

June 14

1777 - Continental Congress adopts design of present U.S. Flag
1985 - Steelworker 2nd Class Robert D. Stethem, USN of Underwater Construction Team ONE was killed by militant Shi'ite hijackers of TWA Flight 847. He later received a Bronze Star for his heroism.

June 15

1963 - Launching of combat store ship, *Mars* (AFS-1), first of new class of underway replenishment ships
1991 - 2 battle groups and amphibious ships evacuate dependents and Air Force personnel from Clark Air Force Base after Mount Pinatubo erupts in Philippines

June 16

1898 - U.S. squadron bombards Santiago, Cuba
1965 - Navy Department schedules reactivation of hospital ship *Repose* (AH-16), first hospital ship activated for Vietnam Conflict

June 17

1833 - USS *Delaware* enters drydock at Gosport Navy Yard in Norfolk, VA, the first warship to enter a public drydock in the United States
1898 - Navy Hospital Corps established
1940 - Chief of Naval Operations asks Congress for money to build two-ocean Navy

June 18

1812 - U.S. declares war on Great Britain for impressment of Sailors and interference with commerce
1942 - First African-American officer, Bernard W. Robinson, commissioned in Naval Reserve

June 19

1864 - USS *Kearsarge* sinks Confederate raider *Alabama* off France
1944 - Battle of the Philippine Sea begins

June 20

1913 - First fatal accident in Naval Aviation, ENS W. D. Billingsley killed at Annapolis, MD
1934 - Commander in Chief, Asiatic Fleet Admiral Frank Upham reports to CNO that based on analyses of Japanese radio traffic, "any attack by (Japan) would be made without previous declaration of war or intentional warning."
1944 - Battle of Philippine Sea ends with Japanese losing 2 aircraft carriers and hundreds of aircraft.

Keeping Sailors, Marines Ready to Fight and Win

New Health Assessment Initiative in Place

By Cmdr. Donna Cain, NC
Bureau of Medicine and Surgery

An initiative to keep Sailors and Marines fit, healthy, and ready to fight and win will have them meeting face-to-face with a healthcare professional annually to assess their health.

Chief of Naval Operations Instruction 6120.3, "Preventive Health Assessment," consolidates medical, occupational health and risk screening services, medical record review, preventive counseling and risk communication into an annual health assessment for all active duty Sailors and Marines.

"In the past, we did a lot of record review to ensure our Sailors and Marines had their immunizations, their physicals, their pap tests, had been screened for the PRT (physical readiness test) — all the necessary screening," said Capt. Margaret Holder, Nurse Corps, head of Navy Health

Promotion. "And it also meant Sailors and Marines may have to visit a medical facility six, nine, even more times a year to get all their health needs taken care of. But the Preventive Health Assessment (PHA) consolidates all screening, so they may be able to reduce their visits to one or two a year."

Holder said a key element to the PHA is an annual, face-to-face between the healthcare professional and the Sailor or Marine.

"They deserve this," said Holder. "It's their chance to ask questions and talk about any health concerns they might have."

Holder said another advantage is that fewer visits to medical can mean less time away from work.

The all-in-one PHA has been in the works for nearly four years. It was signed in December 2001 and is scheduled to go into effect in December 2002.

"That gives commands a year to develop a plan to make this work," said Holder.

To LSRB, or not to LSRB

Navy NewsStand - The newly implemented Location Selective Reenlistment Bonus (LSRB) pilot program offers Sailors more money in their pockets.

The command career counselor of USS Abraham Lincoln (CVN 72), Chief Navy Counselor Mary Decker, said the program was designed as an incentive for Sailors to accept reenlistment orders to some of the more difficult locations to fill geographically.

"There are some places that most Sailors won't chose to relocate to when they reenlist, historically speaking," said Decker.

In support of the new policy, Decker believes the program has more than one benefit. "It (the program) not only helps the Navy to fill hard-to-fill locations, it also gives Sailors an incentive to continue their careers in the Navy with more money in their pockets," she said. "Especially those Sailors who, based on their rate, don't receive bonuses when they reenlist."

Additionally, Sailors who are reenlisting under the LSRB program who are also eligible for a rate-specific SRB, will be granted both.

Here's an example: Sailor A approaches his PRD and begins negotiating for orders with his detailer. Sailor A is informed that there is an open billet for his rate that offers an LSRB. Already eligible for an SRB in association with his rate, Sailor A can also apply for the billet offering the LSRB.

However, not all Sailors transferring to duty stations in those specific locations that hold open billets for an LSRB will automatically be granted the bonus.

For additional guidance on LSRB refer to NAVADMIN 032/02 at <http://www.bupers.navy.mil/navadmin/nav02/nav02032.txt>. Contact the SRB execution help desk at DSN 882-2526 or (901) 874-2526, or fax to DSN 882-2623 or (901) 874-2623. E-mail contact can be made at <mailto:p811f@persnet.navy.mil>, <mailto:p811f2@persnet.navy.mil> or <mailto:p811f4@persnet.navy.mil>.

Contractors Get COMNAVBASE Thanks

Over the past six months, U.S. Naval Station, Guantanamo Bay, Cuba has had to transform itself to meet the needs of Enduring Freedom. This transformation has relied upon the hard work and dedication of everyone on this Base, including the Base contractors. Their commitment to quality services in a timely manner has played a key role in the Base's ability to meet the JTF mission.

Burns & Roe Services Corporation (BRSC) and Kvaerner Process Services, Incorporated (KPSI) are the two main contractors on the Base. BRSC is responsible for the Utilities Services Contract, which oversees the operation and maintenance of the Electrical and Water Utility Production Plant & Distribution System. Also awarded to BRSC is the Job Order Contract (JOC). The JOC allows the Government to obtain minor construction, alteration and repairs to Government facilities by using a pre-priced system. This system allows construction to begin quickly, even with a limited scope of work and no drawings.

KPSI has the Base Maintenance Service Contract (BMSC). This contract is for the operation, maintenance, and repair of the Base. This includes air conditioning, janitorial, transportation services, pest control, grounds and all facilities on the Base, including housing and bachelor quarters.

Since the beginning of January 2002, the workforce of BRSC and KPSI have executed numerous projects requiring a multitude of talents. The BMSC, JOC, and Utility Services contractors, with no advanced warning to increase their manpower, were able to respond to the demanding needs of both JTF-160 and JTF-170. Some of those needs included the following:



Henri Fuentes representing Kvaerner and Wayne Lambert representing Burns and Roe, receive a Letter of Appreciation from Capt. Robert A. Buehn, COMNAVBASE, in thanks for the outstanding work performed in making the base ready for its part in the Enduring Freedom mission.

- Performed over 90 system alterations and over 150 work requests.
- Repaired 40 existing cells and constructed 160 new cells with wash stations and showers at Camp X-ray.
- Connected water lines and distributed power throughout Camp X-ray and Freedom Heights, and even provided the pole system for future TV cable and telephone services.
- Restored or provided water and power to all of Camp America; this includes nearly 150 facilities in the Radio Range area.
- Performed over 20,000 services to about 70 portable toilets, emptied 3,000 dumpster, expended 2,600 hours of grass cutting, and responded to over 3,000 service calls.
- Renovated the new JTF Headquarters, Operation Center, and Communication Center.
- Activated two galleys: Seaside Galley at Radio Range and Leeward Galley.
- Relocated Migrant Operations from Camp Bulkeley to Kittery Beach Housing.
- Repaired nearly 200 abandoned housing units which provide berthing for approximately 1,000 military persons.

Every aspect of the work was conducted professionally. The contractor's ability to work with the Base on all the requirements set before them was exceptional. With hard work and dedication, they were able to meet such task with limited impact on the day-to-day services needed by the Base. Furthermore, even though all services were considered urgent, both contractors never sacrificed quality or safety — there were no reported accidents or lost days by either contractor. By performing these services and projects, the contractors help demonstrate the Base's ability to excel in a highly visible, intense atmosphere involving an extremely important and demanding client. We are glad they are part of the GTMO team!



104th Philippine Independence Day Celebration

Open to All Hands
Join us at the Windjammer Club
June 15th at 7pm
Enjoy a cultural show,
folk dances and songs.
Admission is free

NAVSTA June Awards and Frocking



Left: Frocked to First Class Petty Officer were JO1 Amy Kirk, MM1 Carol Nines, MA1 William Stinson, MA1 Michael Therkildsen and MA1 Jean Tuemler.



Right: Frocked to Petty Officer Second Class were PH2 Wayne Abbott, MA2 Shauna Baird, MA2 Michael Britton, MA2 Marcus Brooks, MA2 Amber Koester, MA2 Raymond Oquendoreyes, MA2 Michael Semran, MA2 Angela Vandenbrande. Also frocked, but not in photo, MA2 Danielle Desancis.

Right: Frocked to Petty Officer Third Class were, PC3 Henry Charry, GM3 Justin Cormier, MA3 Sharon Deknikker, YN3 Tawana Garrison, MA3 Eric Jackson, GM3 John Lasseigne, MA3 William Lopez, MN3 Ray Mares, PH3 Janelle Martin, MA3 Patricia Mitchell, STG3 Alan Percoski, MA3 James Potter, MA3 Jesse Quintana, STG3 Daniel Roach.



Left: Transferring prior to the Monday ceremony and frocked Friday in the Command Office, were, MA3 Christopher Hall and MA3 Karen Courrier.

AWARDS RECIPIENTS:

Navy-Marine Corps Achievement Medal:
PN2 Ron Allen, GM1 Derrick Anderson, PN1 Vannicia Brown, GSE2 Corey Evans, SN Valerie Greenway, GM1 LeChristopher Lomax, PHAN Janelle Martin, MA1 Russel Michel, AO1 Fredric Robinson, SKC James Ward

Army Achievement Medal
AM1 Mark Chatfield, AM3 Christopher Downey

Flag Letter of Commendation
YNSN Brandy Huffstutler, GM2 Jay Wojcik

Letter of Commendation

STG3 Arturo Malacara

SN Kelly Thomas

Letter of Appreciation

MA1 Donald Hardin, OMD Division



WTS Class of 2002 Marks Milestone



W.T. Sampson School Principal, Sandra DiQuinzio, addresses the students and assembled guests at the start of Friday's ceremonies at the High School gym. The program included guest speakers, Capt. Al Shimkus, Commanding Officer US Naval Hospital and W.T. Johnson, Elementary School Administrator. High School Teacher, Richard Pahl presented the graduates.

Threatening weather aside, a quick change of venues and 2002 W.T. Sampson High School Graduation Ceremony went flawlessly on as planned, although in the High School gymnasium vice the Elementary School Lyceum.

The 10 members of the graduating class of

2002 completed their high school educations in the least worst place in the world, Guantanamo Bay.

The class was an integral part of the ceremony as members of the class performed the national anthem and later the entire class performed a song for the audience.



Enthusiastic graduate, Matt Brittle, leads the Mortarboard barrage at the conclusion of the ceremony.

Right: Class Salutatorian, Brittany Butler, flashes a winning smile to family and friends in the audience after receiving her diploma. Below: The graduates exchange relieved grins and hugs at the end of the ceremony before joining their family and friends.



To Float Or Not To Float...



Above: Although this crowd of spectators agrees it takes intelligence and ingenuity to build a cardboard boat, it also takes intelligence to know that it's much safer, and drier on shore.



Above: MWR's Lisa Dula, doing her best "media shutterbug" impression makes her way through the crowd snapping pics and yelling "say Help!"

Cardboard and water... a combination that promises all kinds of excitement, was put to the test in the annual Carboard Boat Regatta last Saturday.



Right and below: Two different pre-race strategies are in play here. The Blitz Crew from the Media Center applies 12 more pounds of tape to their craft for an added sense of security. The TIKI BARge crew below hands out free soft drinks.



Is There Any Question?

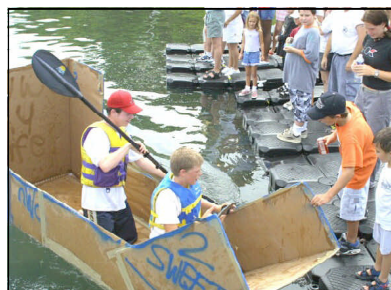


TIKI BARge and 2 Sweet are neck and neck past the first bouy....

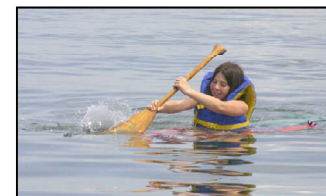
but that changed down the stretch as 2 Sweet showed they had speed to spare at the finish line.



Right: 12 more pounds of duct tape wasn't quite enough as the captains go down with the ship and the Blitz Crew is blitzed!



Right/Far right: The sentimental favorite from the first bouy on was Megan Heitman in the USS Jason. Taking on water from the start, her craft became a submerged vessel, but she arrived at the finish line anyway, to a hero's welcome.



Regatta Results

Open Division, Single Hull

1st Place

Nick Basel, Nolan Butler - 2 Sweet

2nd Place

15th MP Company - The Tiki BARge

3rd Place

Fred and Tina Schmitz - "Its on the Barge"

Youth Division, Single Hull

1st Place

Katie Basel, Chris Grewe, Jacob Sporrer - Rub-a-Dub-Dub in the Gtmo Tub

2nd Place

Major and Tanner Torley - M&T Express

3rd Place

Megan Heitman - USS Jason

Special Award Categories

Best Look'n Boat

The Tiki BARge

Best "Titanic" Sinking

The Blitz Crew

Best Boat Name

Rub-a-Dub-Dub in the Gtmo Tub

Best Theme

USS Jason

And they're off!



Navy E-Learning Expands Capabilities

From Chief of Naval Education and Training Public Affairs

If you haven't visited the Navy E-Learning website lately, you may be missing out on exciting new opportunities to further your education and enhance your professional development.

Navy E-Learning, the Navy's single official distance learning system, launches, tracks, and manages more than 1,400 E-Learning courses, at no cost to the user, for approximately 1.2 million active duty Sailors, Marines, Department of the Navy civilians, reservists, retirees, and family members enrolled in the Defense Enrollment Eligibility Reporting System. Since its debut in May 2001, more than 100,000 registered users have signed on to the site, which is averaging 7,500 new users each month. It is now one of the largest E-Learning systems in the world.

In short, Navy E-Learning provides on demand access to Web-delivered courses, libraries of schoolhouse courses, and links to education and training information. Navy E-Learning now offers more than 950 Information Technology (IT) courses, 477 soft skill courses - such as financial, management and communications, and 51 military courses via the Internet.

"We want to develop the whole person," remarked Chief of Naval Education and Training (CNET) Vice Adm. Alfred G. Harms Jr. "Providing Sailors, Marines and our civilian workforce with the necessary tools and opportunities to learn, grow, and lead, not only helps the individual, but strengthens the Department of the Navy. And, at the same time, we offer this service to other members of our Navy family, including our retirees and eligible family members."

On Navy E-Learning, students may search education, training and professional development references and links. Users can search the Navy E-Learning catalog by identifying skills or occupations of interest. They can identify personal skills they want to improve, assess their level of proficiency, track improvements and identify courses aimed at developing their selected skills.



The web site also records course usage and completions, and logs this information into a Sailor's electronic training jacket.

Navy E-Learning also serves as a conduit for easy access to other resources, such as the Navy College Program (NCP), which streamlines and enhances a Sailor's opportunity to earn a college degree. The NCP and the Navy Advancement Center can be directly accessed through Navy E-Learning.

"The Navy's ultimate goal is for every Sailor to be able to access education and training information, and their transcript, anywhere, anytime to support the individual and operational readiness," said Peg David, the CNET Learning Systems Program Manager. "Education, training, and professional development opportunities are key factors for retention. Navy E-Learning provides content and information at a Sailor's fingertips, allowing them to harness the power of the Internet."

Navy E-Learning is also a helpful tool for Navy personnel managers and career counselors. Through E-Learning and learning management technology, Navy managers have instant access to information regarding who has taken what training and when, helping them to analyze individual and service-wide readiness.

"The Learning Strategies staff at the Chief of Naval Education and Training (CNET) headquarters in Pensacola, Fla., is continually improving the website to give users greater access to cutting-edge training, education, and professional development information," said David. The expanded capabilities of the Navy E-

Learning website include access to Navy and Department of Defense training, education and video teletraining course catalogs, links to other education, training, and professional development information. And, more is on the way.

In the future, users registering for a course will find curriculum already recommended for them by the Navy, based on their pay grade, rating, designator, and Navy Enlisted Classification Code. Initiatives are also underway to provide access to Web courses and other online resources to shipboard personnel, those at remote duty stations without continuous internet access, and a mirrored site on the Navy's secure network (SIPRNET).

These services are being phased over the next two years. According to David, each new phase of the Navy E-Learning project will offer greater capabilities, a wider variety of Navy- and industry-developed courses, and improved course and student administrative functions available to local commands.

"Technology is going to do wonderful things for us by making some material that's difficult to grasp come alive," said Harms. "We're absolutely sure that it will help us reduce time to train, increase comprehension, better maintain currency, and provide the training we need, around the clock and around the globe."

For more information, visit Navy E-Learning today at www.navylearning.com or www.navylearning.navy.mil, or call the program manager, Peg David, at (850) 452-4912, or DSN 922-4912.

For more Chief of Naval Education and Training news, see the CNET NewsStand page at www.news.navy.mil/local/cnet/.

"Keeping On" in Cuba

The FEA JOURNAL a magazine for and about education professionals in the federal education system, spoke to Richard Pahl at W.T. Sampson High School, to get an idea of how the changing times and the war on terrorism is affecting their members here.

(FEA-J) Has the situation in Guantanamo (the Afghani war detainees being housed there) caused any changes in routine for the schools/staff/students?

Richard Pahl: Initially, the base certainly experienced tighter security. Also, whenever there is movement of the detainees, or new detainee arrivals, there is heightened security, resulting in increased security checks, etc. With the base population increasing substantially in a short period of time, there are some adjustments to life in GTMO (pronounced "gitmo"). We have to wait in longer lines in the Navy Exchange/ Commissary, and we recently have gone to moderate water-rationing — cannot water lawns, etc. For a time, it was feared that the best recreational beach would be closed, but the CO of the base, CAPT Bob Buehn, worked very hard with the JTF Command to ensure that did not happen. For the most part, however, life on the base, and certainly in school, really is "normal."

(FEA-J) What is the general attitude of people on base about having the [detainees] there? Are you nervous about it? Concerned for safety?

RP: After the first few weeks, most people are generally unconcerned about the detainees. The Base and JTF Command have been exceptional in keeping residents informed as best as they can about

developments. Also, the general feeling is that the Marines and Army personnel are protecting us, and the community recognizes how difficult their job is and appreciates how well they do it. I guess we have come as close to accepting the situation as any community that has a prison in its area.

However, the difference, and this is in the back of one's mind, these detainees (as you probably have read) have made it clear their purpose is to kill Americans. That could be very chilling, except for the fact that we know who is guarding them.

(FEA-J) How have the students reacted? Any anxiety on their part?

RP: The students, of course, pick up "vibes" from adults. I think generally there was more curiosity than anxiety. At present, I think the students are almost completely unaffected, except perhaps those who have a parent involved with the detainees in some capacity.

(FEA-J) Have the teachers there done anything special in the classroom as a result of having the detainees there? For example, had more discussions about current events, the war, etc.

RP: I am sure many teachers have taken the opportunity to both teach the issue as well as address any concerns students have. (We use those "teachable moments") There have been several school organizations, such as PTO, National Honor Society, etc., that have attempted to do something for the soldiers guarding the camps.

(FEA-J) Living in Cuba must be very stressful already given the political situation between our countries; has this made things any different or is it just another drop in the



W.T. Sampson High School teacher, Richard Pahl, participates in the graduation ceremonies for the 'Class of 2002' recently. He has been a resident of GTMO for several years and recently spoke on life in GTMO to the FEA Journal.

bucket, so to speak?

RP: What is most stressful about living in Cuba is the isolation that is related to the political chill between the two nations. We are on a "closed base." Different from any other base in the world, we cannot go through the gate and experience what's on the other side. The detainee camps really haven't had an impact on that one way or another. However, from what I read, Cuba has made some statements in support of the U.S. policy concerning the detainees. So, maybe relations will improve.

See page 13

SEAMAN TO ADMIRAL

total costs of many of the colleges that STA-21 students are authorized to attend. The school must have a Naval ROTC unit for Sailors to attend. In addition to the \$10,000-per-year voucher, Sailors receive their basic pay and basic allowance for housing, are eligible for advancement, and many will be eligible for fleet housing units as well.

Although Sailors are not eligible for tuition assistance or GI Bill benefits as a STA-21 undergraduate student, they can use these benefits later for graduate school. Students, in most cases, will be able to

attend school for free, and enjoy their active-duty pay and benefits.

In addition, the Navy gets new officers faster than ever, and the streamlined process saves money across the board. Approximately 505 Sailors will study in Newport each year before going to their prospective schools.

Each year, 50 Sailors from around the world are chosen by their commands for the STA-21 program based on the following eligibility requirements: a superb military record; U.S. citizenship; at least four years

active duty; no older than 26 years old; at least a petty officer third class who passed the petty officer second class test; and passed the officer aptitude test.

For the complete list of requirements and more information on STA-21, see NAVADMIN message 158/02, visit the STA-21 Web site at www.sta21.navy.mil, send e-mail to sta21@cnet.navy.mil, or call the Chief of Naval Education and Training (CNET) STA-21 office at (850) 452-9447/9451, DSN: 922-9447/9451, or toll-free: 1-800-NAV-ROTC.

National Safety Month: Be Prepared and Prevent Falling Injuries

Preventing Falls is the focus June 9-15, the second week of National Safety Month. This week we focus on how to protect your employees, yourself, and your family from falls.

Falls caused or led to 15,400 deaths in America last year. More than half of all falls occur in the home or on home premises. However, a fall can happen anywhere. Sixty percent of fall-related deaths occur among persons 65 and older. Falls are the number one cause of injury-related death for males 80 and older and for females 75 and older. One fourth of those who sustain a hip fracture die within one year and another 50 percent never return to their prior level of mobility or independence.

In addition to the personal impact on individuals and families, an employee taking time off to care for a parent who's been injured in a fall can have a negative impact on a company's bottom line.

Preparedness is the focus June 16-22, the third week of National Safety Month.

Are you prepared to react positively in an emergency? Do you know how to protect your employees, yourself and your family in severe weather events? Are you prepared to evacuate your home or facility at a moments notice?

Keep yourself, your family and your company prepared by evaluating your Emergency Response Plan.

Are your employees prepared to deal with injuries sustained in a natural disaster or other emergency? You can teach your family and your employees to keep a first aid kit handy; better yet, prepare them with a course in first aid or CPR.

Prepare today by learning how to respond to an emergency. The National Safety Council offers courses nationwide, and they're also available online.

Facts and Stats

Preventing Falls

A fatal injury occurs in the home every 18 minutes and a disabling injury every 4 seconds.

Falls are the second leading cause of death in the home. In 2000, 9,300 people died as the result of falls.

Falls were the leading cause of unintentional injuries requiring emergency department visits and accounted for more than 20 % of injury-related visits.

Individual and Organizational Preparedness There were seven weather-related events reported in the U.S. in 2000-2001 that



resulted in at least 10 deaths. The fatalities included 65 deaths due to three periods of excessive heat, at least 43 deaths from a tropical storm, and 22 deaths from two tornadoes (plus 319 injuries). Although no fatalities were reported, western states experienced a severe fire season during Spring and Summer of 2000 due to drought and frequent winds. Nearly 7 million acres burned.

There was only one air disaster involving scheduled aircraft that took 25 or more lives in 2000. The crash took place near Point Mugu, Calif., and resulted in 88 fatalities.

Taekwondo Student of the Month



Tanner accepts his Student of the Month certificate from Black Belt Instructor Matt Brittle.

June's Taekwondo Student of the month is **Tanner Torley**.

Each month, one student from GTMO's Taekwondo Class is selected as student of the month.

This individual has demonstrated noticeable discipline skills, respect for self and others, focus and determination.

Congratulations, Tanner!



GTMO FLEA MARKET
June 15 at the Community Center at Marina Point.

Marine Corps Security Force Company and Naval Station, Guantanamo Bay proudly present the

ANNUAL CUZCO WELL BATTLEFIELD TOUR

0800 and 1500 Saturday

- The two-hour tours begin and end at Downtown Lyceum

- Transportation is provided, but space is limited. No sign ups required

-Bring water and wear comfortable shoes

KEEPING ON

From page 11

(FEA-J) Have you heard of any teachers who have tried to get transfers out of Cuba or moved up their retirement because of concern about the detainees?

RP: Again, beyond the initial concerns, teachers are generally not making any changes specifically because of the detainees. Those who are attempting to transfer (such as my wife and myself) had plans for that before the detainee camps. Although there are many positives to life in GTMO, this can be a difficult place to live in due to the isolation and getting in and out is problematic.

(FEA-J) Do you have any other observations/ comments about the situation?

RP: The one thing that is constantly talked about regarding the detainees simply cannot be addressed by the Command, and that is the future. Will there be more detainees? How many? Will the tribunals be held here? And the biggest question on people's minds: If the detainee population increases to a very large number, will dependents be forced to leave? But, I don't know if anyone can answer those questions, so, we just keep, "keeping on."

A Letter Of Appreciation to Elementary School Classroom Volunteers

THANK YOU

Volunteers are our school's greatest asset. The military volunteers that have used their own time to assist with special activities, promote literacy, and ensure a bond between our school and community are to be commended. They eased the anxiety of our students after September 11 through class visits and open dialogue. They modeled the importance of good literacy to the military by reading to students. Our troops became mentors for our students - many of whom want to serve in the military, like their parents. This letter of appreciation could never convey all of the invaluable contributions that the military community has made. We convey our sincere gratitude to all of our troops as they serve our force protection and our heroes.

Thank you, Pat Boswell - Language Arts Reading Specialist

GUANTANAMO BAY

Evenings at the Chapel

Women's Evening Bible Study

FMI, contact LT Sharon Bush at 2323.

Men's Evening Bible Study

Wednesdays at 7pm in Fellowship Hall.

Youth Fellowship

For grades 7 through 12. Fellowship Hall every Thursday at 7:15pm.

Sunday Evening Adult Bible Study

1700 in Fellowship Hall.

Sunday Evening Praise & Worship Service

7:30pm in the Chapel.

Summer Vacation Bible School "Amazon Outfitters"

Volunteers Needed! - August 19-23. Call 2323.

Home Fellowship Group

Thursdays at 6:30pm at Nob Hill 5B.

Iguana Crossing Coffee House

Open Mon, Wed, Fri. & Sat. evenings 6-10pm.

Men's Prayer Breakfast

When: June 23 at 8am

Where: Bayview Patio

Enjoy a Continental breakfast and Christian Fellowship.

You must sign up. FMI, Call 2323.

Pedestrian rules strictly enforced in GTMO

from Naval Base Safety Office

Guantanamo Bay is a great place for outdoor activities. Often times these activities get us out on the roads. As more and more adults and children diversify their recreational activities, the need for safety awareness has become increasingly important.

Like many communities, Guantanamo Bay has regulations regarding travel along the roadways.

Do you know where you are not allowed to jog, walk or skate? You are not allowed to jog, walk or skate in any restricted areas. Further, COMNAVBASEGTMOINST 1710.10F states that skating, roller-blading and skateboarding are permitted at the SK8 Park and Downtown Lyceum parking lot but skating activities are not permitted on public roads.

Do you know the rules of the road? The following are taken from COMNAVBASEGTMOINST 11200.1F.

Right of Way. The driver of a motor vehicle shall yield the right of way, slowing or stopping as necessary, for a pedestrian or jogger who has left the side of the roadway and entered a crosswalk. On two-way roadways, traffic in both directions shall yield the right of way, regardless of the side from which the pedestrian or jogger has entered the crosswalk. When crossing a roadway at any point other than within a marked crosswalk, pedestrians or joggers shall yield the right of way to all vehicles on the roadway. The driver of a motor vehicle emerging from or entering a parking lot, driveway, service or access road or unpaved road shall yield the right of way to any pedestrian or jogger approaching on any raised, paved

sidewalk extending across such parking area, driveway, service or access road or unpaved road.

Travel Along Roadways. Where paved, raised sidewalks are provided, pedestrians shall not walk, run or jog on the roadway.

Where paved, raised sidewalks are not provided, pedestrians should travel on the left side shoulder of the roadway, facing oncoming traffic. Further, COMNAVBASEGTMOINST 1710.10F states "Do not run on the roadway." Run facing traffic and wear brightly colored clothing. Reflector tape or vests must be worn by night runners.

Portable headphones and earphones.

Wearing portable headphones, earphones or other listening devices while jogging or walking on roads and streets on the Naval Base is prohibited. (This does not include hearing aids, nor does it negate the requirement for wearing hearing protective equipment where conditions dictate their use or when communications-type equipment is being used for official Navy business).

Skating Safety Equipment. Helmets, knee pads and wrist guards are required for skating, roller-blading and skateboarding. For more details, contact the Naval Station Safety Office at 4526 or 4529.



Worship Services

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Eucharistic Adoration/Reflective Prayer (Cobre Chapel) Daily, 24hrs

Protestant Service

Sunday

Worship Service - Main Chapel 1100

Camp America 0800

Leeward-Marine Barracks 1430

New Life

(Sanctuary B)

Sunday

Worship Service 0900

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sacrament 0900

Jewish

(Sanctuary A)

Twice per month Call 2323

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship Service 1800

Inglesia Ni Cristo

(Sanctuary B)

Sunday

Worship Service 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Service 1100

United Gospel

(Sanctuary A)

Sunday

Service 1245

United Jamaican Fellowship

(Morin Ctr Complex - BLDG. 1036)

(Next to the Cable Company)

Sunday

Worship 1100 & 1830

Please ask the Faith Group Representative about Sunday School Times, Education Programs, Bible Study, Prayer Groups, etc. For more details, call the Chaplain's Office at 2323.

FOR SALE

(1) Acoustic/Electric Guitar By Galveston Teal blue hardwood top, Oak leaf inlays, Hard Shell Case. Bought new 5 months ago. \$250.00. Call Jason 81094.

(1) Acoustic Guitar with case (Yamaha FG412) \$250 call 81001day/81047 even pager 4447 #900.

(1) Men's bike - Huffy, gold color, good condition, \$45. Call Jon (H) 81190 or (W) 7488.

(1) Two hunter green carpets and 1 burgundy carpet, \$20 each. Two runners - 1 green, 1 burgundy, \$5 each. Available immediately. Call 7066.

(1) Compaq 486 Laptop Computer with CD-Rom, Microsoft Office, 56K modem ready, case and other parts. Great for checking email and Windows programs. Accepting best offers for complete system. Call Bernard, 2400 or 2907.

(1) US Diver regulator set. \$400 OBO. One year old with only 10 dives on it. Call Jean 7397.

(1) Table - Large wood table with six chairs - \$20. Outdoor Chaise Lounge Chair - Brand new with green and blue striped cushion - \$25. Bureau - wood bureau, tall with 5 drawers, in great condition - \$20. Rug - 10x12.5 Tan rug with thick padding, in excellent condition - \$70. Rug - 9x13 Light Tan with padding - \$15. Outdoor Pullup/dip station - \$15. Outside Table & 2 Chairs - white plastic round outside table and two green chairs - \$10. Call Jean 7397.

(2) Treadmill, \$100. Home Gym, \$150. FMI, Call 7898.

VEHICLES/BOATS

(1) 1987 Ford Bronco. Very dependable. Power windows, new exhaust, reclining back seats, great for diving, fishing or biking. Maintenance records available for past few years. Available for pick up 10 July at Ferry Landing. \$2500 OBO. Call Jean 7397.

(1) 18-ft Bayliner w/70HP Johnson, trailer and fish finder, \$3,450. FMI, call Henry at 7333 (H) or 2010 (W).

(1) 1985 Crown Victoria, \$1,500 OBO. FMI, call 5715.

(1) 1994 Harley Davidson 883 XL Sporty, \$4,500 OBO. Call 7637.

(1) Diver's Delight - 24 foot pontoon with trailer, 50 HP Force engine with newly rebuilt lower unit, transom and motor mount, head and galley area, secured

table with chairs that seat four, diving platform, sundeck, marine radio, three anchors, and all safety equipment. 70 percent of pontoon has overhead coverage, with plenty of room for diving equipment. FMI, call 5552 or a test drive, or go by pier 33 and check it out - it's the big white one. Asking \$5000.

(1) 10' X 22' Pontoon boat, includes dual axle trailer for boat removal from water, aluminum bimini top, many rod holders, 48 Special Johnson motor, one complete scuba diving set, BC, regulator, 2 tanks, weight belt, 3 bait cast fishing reels, 2 handlines. Asking \$2,800. Call 5350 AWH.

(2) 1996 Yamaha Virago 1100cc Motorcycle. Very clean street cruiser with 12K miles. Great ride, perfect condition, \$4,500. Call 7672 AWH or 4656 DWH. (2) 1998 Jeep Grand Cherokee. Fully Loaded and well maintained. Asking \$19,000. Please call 7672 for more information/test drive.

(2) 2000 Jeep Wrangler, 13,000 miles. Asking \$12,500. FMI, call 5674.

WANTED

Sitter needed for two school age children. Beginning 2003 school year. 7:15am through 2:30pm M-F. Great job for local college student, lots of study time. Contact Tammy DWH 4162 x 224, after 5pm 7185.

Wanted: Small apartment or efficiency in Orlando, FL. Preferably close to UCF. Call JoAnn at 2774 with information.

EMPLOYMENT

W.T. Sampson is accepting applications for future vacancies on an Open and Continuous basis. Drop by the main office in the high school and pick up an application. Submit completed application just once, and you will be considered for positions such as: office automation clerk, secretary, school support assistant, educational aide, cafeteria monitor and substitute teachers. FMI, call 3500 between 7am and 4pm.

Community Bank, operated by Bank of America, is currently looking for a self-motivated teller with prior cash-handling experience. Prior bank experience is also preferred. Interested applicants should drop off their resume at Community Bank.

LCN is accepting applications for the following positions:
Full-time (day)
Data entry/customer service rep.
Cash Window Person
Full-time (11pm - 7am)
Operator
Please submit an application at LCN's

office. FMI 3744.

The following are job vacancies currently open through the Human Resources Division:

Open Continuous Vacancies:

Supply Technician, first cutoff 12/21/01 closes 12/06/02.

For more information contact the Human Resources Division at 4822.

The following job opportunities are available at the Navy Exchange.

F/T - Weekdays, Weekends:

Sales Clerk (jewelry)

Beautician

Customer Service Clerk

Flex - Weekdays, Weekends

Food Service Worker:

Temp - 7am-5pm or noon to 5pm:

Desk Clerk (Navy Lodge)

For details, visit the Navy Exchange Personnel Office or call 4119.

SERVICES

Experienced, Red Cross Certified babysitter available. Call Melissa at 5418.

I have joined my sister in the babysitting ranks...I'm Red Cross certified and experienced. Need a babysitter call CJ at 5418.

Babysitter -- American Red Cross certified. Call Rhett at 7864 for your child care.

Going away for the holidays or just need help caring for your pet? Your worries are over, two responsible sixth grade students are here to help. We are very experienced and can handle anything. Call 7797 and one of us will be there!

Need a night to yourselves...Red Cross certified and experienced baby-sitters. Call Amanda or Christa @ 7892.

ANNOUNCEMENTS

To the NEX Salon customers of Kim Dowden: Kim can only do cuts and colors while healing from an injury to her thumb. She apologizes for any difficulty this causes her customers. She'll do highlight weaves and perms once cleared by her doctor.

The Base Chaplain Office is sponsoring a Piano Tuner late summer or early fall. Anyone interested in having their pianos tuned call the Chaplain's office at 2323.

The GTMO Association of Fishermen (GAF) is welcoming new members. Meetings held Thursdays at 7pm at Pelican Pete's Marina. FMI, show up at marina or email jfbfins@hotmail.com.

Calling Uniformed Services University of the Health Sciences graduates: Your

alumni association would like to hear from you and find out what you are doing in Guantanamo Bay Cuba. Write to Sharon Willis (SWillis@usuh.mil) with any news that you would like to share.

LOST & FOUND

LOST: One pair of Lady's prescription sun glasses where lost on Friday May 31st. The glasses were in a brown case and were misplaced either at the Leeward Ferry Landing or on the Ferry itself. Please contact Mike at 7586(AWH) or 4616(DWH) or Lana at 3999(DWH). A \$10.00 reward is being offered.

PERSONALS

Final Farewell - Russ, Leigh, Brian, John and William wish to take this opportunity to say farewell and thank you. First and foremost, thank you to Capt. Buehna and Cmdr. Fair for their outstanding leadership and willingness to be available to all GTMO residents. Thank you also to Debi Buehna, Betty Fair and Beth Shimkus for being wonderfully friendly and supportive to Leigh. Leigh has never known such friendliness from Command Leadership Spouses. You are all special women. A Big Thanks goes to W.T. and Cynthia Johnson for taking care of the Michel Boys and all the children of GTMO - you will be missed! Another Big Thanks to the wonderful teachers of W.T. Sampson Elementary who have touched our lives immeasurably. We'd also like to recognize and thank Art and Donna Torley and the Akela for their tireless work with the Cub Scouts - your dedication to the boys is unbelievable (even though you are Gator fans). Lastly, thank you and God Bless all our friends in this GTMO Paradise. This will always be a favorite memory in our lives.

Happy 1st Wedding Anniversary to the greatest and most beautiful woman, mother, and wife - SGT Sonia Dickman of the 346th MP Co. (EG) - serving her country on Guantanamo Bay, Cuba. We are so proud of your efforts and bravery during this difficult time. Your strength is beyond compare. We will miss you on this very special day, as we do every day.

LOVE, Jason and Christopher.

I found the Least Worst Place to have the Most Best People. My tenure here in GTMO has come to a close. I've found new friends, acquaintances and had many new and interesting experiences. Thanks so much for your open arms, homes and down home hospitality. You will be missed but not forgotten. A special so long (not good-bye) to A Group of Friends. To all my country people; take care and walk good.

Major Jacqueline Gordon

THE SCORPION KING



Action/Adventure
1 hr. 29 min.

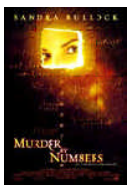
Starring: The Rock,
Michael Clarke Duncan,
Kelly Hu,
Ralf Moeller,
Bernard Hill

An evil ruler is determined to lay waste to all the nomadic peoples of the desert. The few remaining tribes, never natural allies, have to unite or perish. Knowing their enemy relies on the visions of a sorcerer, they hire a skilled assassin, Mathayus (The Rock), to eliminate the visionary. Mathayus discovers that the sorcerer is in fact a beautiful woman (Kelly Hu). He takes her deep into the desert badlands, knowing Seriously wounded in the ensuing battle, Mathayus must find the strength to lead his scrappy band of allies back to Gomorrah for a final confrontation.

MURDER BY NUMBERS

Drama/Thriller
2 hrs. 01 min.

Starring:
Sandra Bullock,
Ben Chaplin,
Michael Pitt,
Ryan Gosling



Two gifted high school students commit a series of "perfect murders," engaging in a battle of wits with an police detective who is working with a new partner. Through her investigation, the profiler discovers dark secrets in the teens' past that explain how the two could be capable of such cold, calculated crimes.

ENOUGH



Thriller/Drama
1 hr. 51 min.

Starring:
Jennifer Lopez,
Bill yCampbell,
Juliette Lewis,

Working class waitress Slim finds her life transformed when she marries wealthy contractor Mitch. She seems to have everything she wants: loving husband, beautiful home, and Gracie, an adorable 5-year-old daughter. Her dream is shattered when she discovers her husband is anything but perfect. His abusive behavior forces her to go on the run. When, despite Slim's efforts to make a new life, Mitch finds her and threatens her again, she puts Gracie in safe keeping, toughens herself mentally and physically and sets out to prove to Mitch she's had enough.

Movies

FRIDAY, JUNE 14

8pm Spirit
G- 82min

10pm The Scorpion King
PG13 - 90min

SATURDAY, JUNE 15

8pm The Rookie
G - 129min

10pm National Lampoon's
Van Wilder
R - 95 min

SUNDAY, JUNE 16

8pm Murder By Numbers
R - 120min

MONDAY, JUNE 17

8pm Enough
PG13 - 111min

TUESDAY, JUNE 18

8pm Star Wars
PG - 132min

WEDNESDAY, JUNE 19

8pm Monster's Ball
R - 111min

THURSDAY, JUNE 20

8pm Sweetest Thing
R - 84 min



What's Happening..

Juneteenth 5K Run/Walk

June 15 - 6:30am at the gym

Father's Day Special

June 16 - Ground Zero

Paint Ball Range 1 to 6pm

Dad's receive free equipment rental and \$1.00 off the regular price of every 100 paintballs purchased.

Father's Day Buffet

June 16 - 9am to 1pm at the Windjammer

Pelican Pete's Marina

Father's Day Special

June 16 - 50% off of normal hourly rates.

Enjoy the bay, rent a boat and play

Camp Adventure Summer Camp

June 24 - August 16

Enrolled kindergartners through the 6th grade. \$10 non-refundable registration fee.

Weekly fees are based on total family income. Registration begins May 25, 10am to 1pm at the Youth Center. Additional registration dates are Mon. - Fri., 1 to 5pm.

Rick's Lounge

Rick's Lounge is now open daily 4pm to midnight. Rick's is open to officers and civilian equivalents only.

Free Sailing Lessons

Available by appointment only.

Learn to enjoy the bay in one of our high speed Zumas, Hunters or Catalina 22's. Our qualified instructors can help you attain basic to advanced skipper licenses.

Call 2345 for sign up times.

Aerobics Classes

(Interval/Circuit) Mon. - Fri. - 8:30 - 9:30am (Adv. Step) Mon., Wed., Fri. -5:15 - 6:15pm

Tues. and Thurs. - 5:15 to 6:15pm

Monday & Wednesday - 6 to 7am

Mon. - Fri. 5:15 to 6:15pm

Yoga Ultimate Stretch Classes

Held at G. J. Denich Gym

Monday, Wednesday, Friday - noon to 1pm

Tuesday & Thursday - 5:15to 6:15pm.

Water Aerobics

Monday, Wednesday and Friday

6 to 7pm at Marine Hill Pool

Tae Kwon Do

Marine Hill Aerobics Room

Children - Monday - Friday, 4-5pm

Adults - Monday - Friday, 6:30-7:30pm

All ages - Mon., Wed., & Fri., 11am to noon.

Parent's Night Out

CDC -Saturday, June 15 - 6:30pm to midnight.

A reservation fee of \$2.50 is due by

Wednesday, June 12 for your child(ren).

One hour - \$2.50, two hours - \$5.00, and

three or more hours - \$12.00

For more information, call 3664

For more information on any of the events listed above, call 5225.